

OHUDDLE HOUR

2023/24

*Triway Local
Schools*



WWW.OHUDDLE.ORG/OHUDDLE-HOUR

OHuddle Hour is an experience to promote hope, rest, fun, and self-care. Taking care of yourself takes care of our students. Sessions occur over lunch periods or before school. There is no cost to participate. All OHuddle hours are generously sponsored by community partners.

OCTOBER
12th

ORGANIZE + OTT'S

Swing by Ott's Coffee Truck on the way into work for gourmet coffee or tea and leave with organizing ideas to simplify your life from Simple Spaces!

JANUARY
11th

MOVE YOUR CUPCAKES

Enjoy yummy treats from Miss Amy's Bakery and learn how to reduce stress with exercise and physical activity!

MARCH
28th

JOY SNACKING + FOOD TRUCK

Skip packing for lunch and grab food at the food truck while learning the art of "Joy Snacking" for self care!



PICK YOUR OHUDDLE HOURS

Take a quick 2 minute survey to pick future OHuddle Hours or share an idea that would promote self care in your building
www.ohuddle.org/ohuddle-hour

Questions? Email THS Site Coordinator Erica Owolabi at eowolabi@ohuddle.org or TMS Site Coordinator Jen Zehnder at jzehnder@ohuddle.org